

PROJECT CHECKLIST

Understanding Emotional Intelligence

Purpose: The purpose of this project is to cultivate an understanding of how your emotions impact your relationships. It is also designed to help you identify how others' emotions impact your emotional state.

Overview: For a minimum of two weeks, keep a journal about your emotions and how they impact you and others. Discuss the impact of tracking your emotions in a 5- to 7-minute speech at a club meeting. *(Note: You are not required to share the intimacies of your experience.)* Finally, submit the signed Project Completion Form to your vice president education to indicate you completed your journal.

This project includes:

- A journal you maintain for a minimum of two weeks
- The Project Completion Form
- A 5- to 7-minute speech

Below are tasks you will need to complete for this project. Please remember, your project is unique to you. You may alter the following list to incorporate any other tasks necessary for your project.

Record in a journal your emotions and emotional reactions to others for two weeks. You do not need to share your journal, but you will need to submit the Project Completion Form to the vice president education to receive credit for the project.

Schedule your speech with the vice president education.

Review the information you recorded. Identify the areas where your focus will bring the highest level of personal growth.

Write a speech based on your analysis of your responses. (Remember, your speech can be persuasive, humorous, informational, or any style that appeals to you and supports your speech.)
